

DOOR DOOR

The Arbors at Winthrop

August / 2019



Furry Visitor

KC came for a visit with her pet sitter from Just Like Home. The residents enjoyed getting to know our new furry friend. We hope she will make monthly visits.

Beach Picnic

What a beautiful day we had for a picnic at Constitution Beach. After eating sandwiches from Subway some of us walked down to the water. Others enjoyed sitting in the shade. Others went for a walk. We all appreciated the beauty of this spot!



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Deer Island

What a gorgeous day for a walk at Deer Island! We always look forward to our summertime trips to all the lovely spots in close proximity to our community.



Card Making with Paula

Each month our ladies look forward to making cards with Paula, who is one of our residents. She always comes up with a creative design for each month. Sometimes it's a card for a special holiday other times it's something seasonal. This month we made festive Fourth of July cards.



Lunch Bunch

We had a great Italian lunch at Antonia's at the Beach. The food was delicious and the view was beautiful. It's always a treat to see the ocean while dining.



Entertainment

Brian Cochran is one of our favorite musicians. He recently joined us and entertained us with his stories and songs. Adrean had a special moment with him and loved his tunes!

Birding Club

This month's birding club convened outside in our courtyard. Our resident birding expert, Harvey demonstrated how to properly clean a bird feeder.



Reflections Community



Twin Pop Door Décor

Our lady crafters were at it again. This time they made a summer decoration for their doors. The residents used pool noodles and popsicle sticks to put together this cheery craft. Nothing says summer like popsicles.



We All Scream For Ice Cream

We enjoyed a lovely ride and ice cream treat at Revere Beach Twist and Shake. It was such a great day for it. Can't you tell by these happy faces?



Sponge Fireworks

The ladies loved getting their fingers dirty with paint today while creating this colorful art. In keeping with our patriotic theme we painted with sponges to make colorful fireworks.

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**Happy Birthday,
August Babies!**

Don S. 8/18

Elsa V. 8/11

Anna L. 8/12

Anne M. 8/29

Janice T. 8/30

Welcome New Residents!

Mary O.

Wellness Corner

Cataract Awareness Month



Tips for Healthy Living, Healthy Vision

Healthy Living is a part of maintaining healthy vision as you age.

Take Care of yourself!

Good health is an important part of good vision. The healthier you are, the better chance you have of avoiding risks to your eyes.

Take the following steps to lower your risk of eye disease and vision loss:

- ◆ Eat healthy foods
- ◆ Stay Active
- ◆ Avoid smoking
- ◆ Control your blood pressure
- ◆ Protect your eyes from the sun